



Aim For Success

Why Abstinence? Because it Protects

Aim For Success has three sexual abstinence programs. Each program has a version for 6th grade, 7th and 8th grade and high school. The following is the Aim For Success outline for 6th graders.

6th Grade Outline for a One Hour Program

Introduction: Dreams and Goals

Choices you make now will affect your future dreams and goals.

Word Game: Like fire, sex can be good or bad depending on how and when it is used.

Pregnancy

Over 2,000 teenage girls get pregnant every day.

What is the only way to make sure you don't face a pregnancy?

Abstinence = Freedom.

Gift Box Object Lessons

Everyone has the gift of virginity to give away one time.

Beware of Sexual Abusers

Sexual abuse is never the victim's fault.

A sexual abuser is usually someone you know.

Sexual abusers may make promises or threaten you to never to tell.

Sexual abuse may involve pictures/videos, looking at each other's sexual areas or sexual touching.

If you are involved in sexual abuse, (1) Stop; (2) Run away; (3) Tell an adult.

STDs – Card Game

The game demonstrates one out of every four teens who are having sex gets an STD every year.

The game also shows that these STDs can be asymptomatic – no signs, no symptoms, but contagious.

Discussion of Chlamydia, Herpes and Human Papilloma Virus.

Two people faithful to each other for a lifetime never have to worry about STDs.

Abstinence = Freedom.

Emotional Scars – Gloves Object Lesson

Psychologists say having sex is the most intimate form of bonding.

It's got to hurt when you break up and could leave you with a hard cold heart.

Abstinence = Freedom.

The Pressure of Drugs and Alcohol

One of the biggest pressures on teens to have sex is drug and alcohol use.

Alcohol wipes away the self control needed to live a sexually abstinent lifestyle.

Can You Chance It? Dice Game

Having sex before marriage is gambling with your life, dreams and goals.

Students will play a game to see the dangers of having sex outside of marriage.

The only way to guarantee you won't get hurt is not to play the game.

Survey

Most teens have not had sex!

A voluntary, anonymous survey is offered at the conclusion. Aim for Success sends the survey results and student comments back to the school.